

Grade 6 Lesson Plan: Healthy Food

Theme: Healthy Food

Main Objective:

Students will be able to talk and write about healthy eating habits using the present perfect tense and relevant vocabulary.

Sub-Objectives:

By the end of the lesson, students will be able to:

1. Read and understand a short text/poster on healthy eating.
2. Answer comprehension questions based on the text.
3. Use the present perfect tense to talk about their eating and drinking habits.
4. Use vocabulary related to healthy and unhealthy food.
5. Engage in a speaking activity to reflect on their weekly choices.

Duration: 60 minutes

Skills Focus: Reading, Speaking, Vocabulary, Grammar

1. Warm-Up Activity (5-7 minutes)

Activity Name: Healthy or Not?

Instructions:

- Show 6-8 flashcards or images (e.g., apple, soda, fries, broccoli, water, cake).
- Ask students: "Is this healthy or unhealthy?"
- Quick class vote (thumbs up/down or standing/sitting).
- Brief discussion on why certain foods are better for our health.

2. Reading Activity

Title: Poster - "What the Food Doctor Says" (reading & comprehension)

□ What the Food Doctor Says:

- Eat 5 servings of fruits and vegetables every day.

- Drink 6-8 glasses of water.
- Avoid too many sugary snacks and fizzy drinks.
- Exercise at least 3 times a week.
- Your body needs rest and good food to stay strong!

Comprehension Questions:

1. How many servings of fruits and vegetables should you eat?
2. What drinks should you avoid?
3. Why is exercise important?
4. How many glasses of water should you drink?
5. What does the doctor say about sugary snacks?

3. Speaking Exercise (15 minutes)

Topic: My Food and Drink This Week

Grammar Focus: Present Perfect Tense

Mini Grammar Note:

We use the present perfect to talk about things that happened at an unspecified time before now or that happened recently.

Structure: have/has + past participle

Examples:

- I have eaten vegetables every day.
- She has drunk a lot of water.
- We have not exercised this week.

Speaking Prompts:

1. How much water have you drunk this week?
2. How many times have you eaten sweets?
3. What healthy foods have you tried?
4. How often have you exercised?
5. What unhealthy foods have you avoided?

4. Vocabulary Activity (10 minutes)

Activity: Match the Word to the Definition

Word	Definition
Vegetables	Carrots, broccoli, spinach
Protein	Nutrient from meat, fish, beans
Fizzy drink	Soda or cola
Hydration	Drinking enough water
Exercise	Moving your body to stay fit
Sugary snack	Candy, cake, or chocolate

5. Wrap-Up (3-5 minutes)

Ask students:

- "What's one healthy thing you have done this week?"
- "What will you do next week to stay healthy?"

Encourage 2-3 students to share answers with the class.

Optional Homework:

Keep a "Healthy Diary" for 3 days. Write 3 sentences using the present perfect (e.g., "I have eaten fruit every day").